User Guide

Model 365528 Professional Stopwatch

Description

The default display is the Calendar Clock. The three pushbuttons S1, S2, and S3 are used to operate and program the watch as described throughout this User Guide.

To reset the watch to factory default condition, press and hold all three buttons simultaneously until the display blanks.

Calendar Clock Setting

The main display is the Calendar Clock. The top display row shows the day of the week, the month and the date (left to right). The lower display shows A (AM) or P (PM), Hours, Minutes, and Seconds.

To change the date and time:

1. Press and hold the S2 (MODE) button until the SECONDS begin to blink (2nd beep).
2. Press S1 to reset the seconds to '0' allowing synchronization with another device.
3. Press S3 to choose the MINUTES. Press S1 to advance the minutes (hold S1 for fast scrolling).
4. Use S3 & S1 in similar fashion to program the HOURS, AM/PM, YEAR, MONTH, and DATE.
5. To exit, press S2 momentarily when finished.
6. Press S3 to choose 12 or 24 hour clock. In 12 hour mode, the 'A' and 'P' icons are active.

Alarm Operation and Settings

Press S2 momentarily to view the ALARM SETTING TIME (bottom display) and the current time (top display). The 'AL' icon will be displayed. To change the alarm time:

1. Press and hold S2 until the MINUTES blink.
2. Use S1 to select the desired minutes.
3. Press S3 to advance to the HOURS.
4. Use S1 to select the desired hours.
5. Press S2 when complete.

Now, from the Calendar Clock main display, use S1 to activate/deactivate the alarm. When activated, the Alarm Bell symbol will appear. The alarm will sound at the programmed time. To silence the alarm, press S1.
The symbol will appear to let the user know that the alarm had tripped.

Chronograph (Stopwatch) Functions

Basic Stopwatch Mode
From the Calendar Clock, press S2 three times. Use S3 to Start and Stop the stopwatch. Press and hold S1 until all zeroes are displayed to reset the watch.

Lap Timer Functions
Up to 10 lap memories may be stored in the watch.
With the stopwatch running, press S1 each time a lap time is to be stored. The top display row will alternate between the current lap time and the lap number. The bottom display always shows the total time. Use S3 to stop the clock. With the clock stopped, use S1 to scroll through the stored lap times. Press and hold S1 to zero the clock.

Pace Mode

Use the Pace function as an audible metronome, a heart rate/pulse comparator, or as a walk/run pace guide.

1. From the Calendar Clock, press S2 twice.
2. The pace value will appear on the lower display in BPM (beats per minute).
3. Use the S1 button to start / stop the audible beats.
4. Press and hold the S2 button until the digits blink to start editing the bpm value. Use the S1 button to change the value in increments of 5 bpm.
5. Available settings range from 40 to 180 bpm.
6. Press S2 momentarily to complete the editing.

Count-Down Timer

From the Calender Clock, press S2 four times.
Total time will be shown on the top display and remaining time on the bottom.

1. Press and hold S2 until the MINUTES blink.
2. Use S1 to select the desired minutes.
3. Press S3 to advance to the HOURS.
4. Use S1 to select the desired hours.
5. Press S2 when complete.
6. Press S3 to start/stop the countdown timer.
7. With timer stopped, press and hold S1 to reset timer.
8. The timer will continue counting while other functions are viewed.
9. Beeps occur at 10 minute, 5 minute, and 1 minute intervals and for each of the last 5 seconds with a continuous beep at the end.
10. Press S2 to silence the beeps and reset the timer.

Dual Time Zone

In the DUAL mode another Time Zone can be monitored. Choose a time zone and program the time of that zone as follows:

1. From the Calendar Clock, press S2 five times. DUAL will display on the top and the clock on the bottom.
2. Press and hold S2 until the MINUTES blink.
3. Use S1 to select the desired minutes.
4. Press S3 to advance to the HOURS.
5. Use S1 to select the desired hours.
6. Press S2 when complete.

Battery Replacement

Battery life is approximately one year. Replace the batteries when the display dims as follows:

1. Remove the six (6) rear Phillips head screws using a metric #0 cross-point screw driver.
2. Remove the old battery and replace with a new CR2016 button cell. Note that all stored programming will be lost when the battery is removed.
3. Ensure that the battery compartment gasket is secured correctly when re-assembling the meter.

Master Reset

Press and hold the S1, S2, and S3 buttons simultaneously until the display blanks to reset all of the functions to their factory defaults.

Accuracy: ± 5 seconds per each 24 hour period

Lifetime Limited Warranty

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Support line (781) 890-7440
Technical support: Extension 200; E-mail: support@extech.com
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Extech Instruments Corporation, 285 Bear Hill Rd., Waltham, MA 02451

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